

**Mission:**

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



**Rick Scott**  
Governor

**John H. Armstrong, MD, FACS**  
State Surgeon General & Secretary

**Vision:** To be the Healthiest State in the Nation

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## **WEIGHING YOUR OPTIONS FOR THE HOLIDAY**

**SANFORD—** Christmas is just around the corner... the feast of ham, dressing, mashed potatoes, pumpkin pie and sweet potato casserole is waiting to kick off the festivities of the season. Many people end up putting on 2 or 3 pounds without even realizing it, and keep the extra weight on long after the holidays are gone. Fortunately, with just a bit of planning, you can still enjoy the holiday and reach the New Year's without regrets. Think about your favorite Christmas dishes and plan ahead for the big day.

"I advise people to eat in moderation during the holiday season. Be sure to cook foods to the proper temperature and after eating don't leave foods on the table long periods of time without refrigeration. This will help reduce chances of you becoming sick," said Dr. Swannie Jett, Health Officer for the Department of Health in Seminole County.

Use the following tips to ensure your meal is both delicious and supportive of your health:

1. Enjoy eating the foods you like such as turkey and ham; just beware of the high calorie and fat-rich accompaniments such as gravy and stuffing. ¼ cup of gravy has about 90 calories, which is almost as much as an entire serving (3 oz or 3 medium slices) of turkey!
2. Use healthier yet tastier replacements, such as applesauce or pureed plums, instead of extra butter and oil.
3. Know your portion sizes. An extra ounce of walnuts will add 185 calories!
4. Choose wisely; a slice of pecan pie has double the calories than a slice of pumpkin pie.
5. If you have empty-calorie foods; like soft drinks and alcohol, don't overdo it.
6. Plan for veggies! Add as much salad, green beans, sweet potatoes, beets and other fiber-rich vegetables as you want. These will help you feel satisfied and prevent you from having too much dessert.

Of course, the most important thing to focus on during the holiday is the presence and enjoyment of being in the company of loved ones. If you do end up overeating, not all is lost. Keep track of your foods and calorie intake. Ensure that you get at least thirty minutes of exercise in a day during the holiday season. Before you know it, you will be back on track to a "healthier you" in 2014!

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